

HEATHFIELD NEWS

The Heathfield Runners Newsletter

10k Special

July 2001

EDITORS COMMENT

So, you wait ages for one then two come along at once. This is just a short, post 10k edition. First of all though I would like to mention Karen, who is not very well at the moment. I understand a few of you have been to see her in hospital, in Haywards Heath. Anyway I am sure you would like to join me in wishing her well and sending positive thoughts her way.

The Midsummer 10k was once again a great success, I was there doing some marshalling and it was great to be back at the club to see everyone and you never know I might just join in one Thursday night. Once again the results service was a triumph, well done Tom. The full list is included in this issue.

Some people were asking me about the website. Graham is building www.heathfieldroadrunners.com and it looks very good too!! Some of you may confuse it with joggersnipple.com, which is a personal project. It will be looking at the world of running but from a slightly different angle, hopefully it will be very entertaining.

You know how we are always talking about training regimes, particularly those members who put in great marathon performances. Well, I have been handed a picture of Mike Darling immediately prior to this years London Marathon and I thought it needed sharing. Sorry Mike, Couldn't resist.



VOICE FROM THE CHAIR.

Thank you to all who helped at the 10K, as you would have noticed I was not around. It was my God Daughters First Communion and I had promised her I would go. I did pray for it NOT to rain!!

I did ask Tom who I should thank and he started to list Mike, Mick, Graham, Gloria, Martin and then he said that everyone was great and as usual it was a great team effort. Well Done All.

I think we must thank Tom for being the race co-ordinator. He is not going to do it next year.....we will miss him. He did a great job, it was all a bit last minute due to the foot and mouth and I know he found this frustrating. THANK YOU TOM.

Would anyone be willing to co-ordinate the 10K next year????

As most of you know I will be hanging up my Chairmans hat at the A.G.M. in September. I have enjoyed the last two years very much but think it is time to pass it over to someone else. Also, Chris and I hope to move in the next few weeks and I will need all the time I can get to work on the house. BUT I

still want to be involved and if the new committee need any help don't hesitate to ask.

Is anyone interested in being the new chairman? All you need is bucket loads of enthusiasm and to be available on the first Tuesday of the month. Anyone can do it.....I did!

Have you been into the Website?

If you haven't you are missing a treat. I would like to thank Graham, it must have taken him ages to get it set up. Please support us in this it is the shape of things to come. The news letter will be on the website so if you would rather read it on line let me know and we could save a few trees!

Well done to Mike, Phil and Ian who ran Stockholm Marathon. It sounds like you had a great trip, even if Natalie can crawl faster than all of you!!! (see the website)

We still need input for the Newsletter (MICK!) Please support Lee and send him some ramblings.

I would like to wish Karen Chapman a speedy recovery as she is in hospital in Haywards Heath. Belinda.

MIDSUMMER 10K

A really big thank you to everybody who helped make this a success. I must say I seemed to do precious little before the day, leaving it to others to pick up the pieces. But it all came alright on the day as usual and it was nice to see so many members either helping or running.

For a change I thought you would all like to see the results!

Posn	No.	Name	Time	Club	Sex	Class
1	141	Henry Mountcastle	33:55	Hastings AC	M	S
2	134	Daniel Anderson	34:12	Hastings AC	M	S
3	145	Huseyin Ibrahim	34:18	Brighton & Hove AC	M	S
4	200	Rob Lacey.	35:09	Phoenix AC	M	S
5	198	Paul Prosser	35:45	Brighton & Hove AC	M	S
6	32	Paul Eccles	35:49	Hailsham Harriers	M	V1
7	126	Mark Hinson	35:58	Helsby Runners	M	V1
8	159	Andy Lamb	36:04	Hastings Runners	M	S
9	157	Matthew Sorokin	36:08	Phoenix AC	M	S
10	136	Scott Davidson	36:46	Seaford Striders	M	S
11	212	John Lowden.	36:53	Worthing Harriers	M	V1
12	93	Graham Stevens	37:07	Crowborough Runners	M	V2
13	236	Peter Morley.	37:23	Heathfield Road Runners	M	V1
14	201	Ivan Horsfall-Turner.	37:34	Heathfield Road Runners	M	S
15	109	Louis Taub	37:40	Brighton Hash Harriers	M	S
16	38	Colin Simpson	37:44	Phoenix AC	M	V2
17	214	Jamie Larkin.	37:51	Hastings Runners	M	S
18	222	Michael Clark.	38:00	Sevenoaks AC	M	V1
19	178	Peter Daws	38:02	Hailsham Harriers	M	V2
20	257	David Rollison.	38:06	Seaford Striders	M	V1
21	176	Kevin Battell	38:09	Crowborough Runners	M	S
22	142	Paul Collicutt	38:12	Phoenix AC	M	S
23	40	John Baxter	38:17	Brighton Hash Harriers	M	J
24	99	David Tibbals	38:37	Crawley AC	M	S
25	35	Steve Dawson	39:00	Seaford Striders	M	V1
26	13	Jane Boulton	39:04	Crowborough Runners	F	V3
27	52	Robert Cameron-Wood	39:09	Hastings Runners	M	S
28	28	Michael Coupe	39:18	Hailsham Harriers	M	V1
29	54	Michael Conway	39:25	Canterbury Harriers	M	V6
30	27	Paul Harris	39:28	Hailsham Harriers	M	S
31	252	Simon Alexander.	39:34	Burgess Hill Runners	M	S
32	121	Alan Wilson	39:45	Hastings AC	M	V1
33	61	Anthony Cross	39:49	Seaford Striders	M	V3
34	60	Anthony Holborn	39:52	Phoenix AC	M	V1
35	4	Katy Oxborrow	39:57	Hailsham Harriers	F	S
36	148	Colin Hannant	40:00	Arena 80	M	V2
37	64	Chris Piper	40:07	Seaford Striders	M	S
38	194	Alan Streeter	40:11	Hailsham Harriers	M	V2
39	258	Bill Fraser.	40:20	Hailsham Harriers	M	V2
40	119	Simon Russell	40:26	Brighton Hash Harriers	M	V1
41	213	Kevin Davis.	40:28	Hastings Runners	M	S
42	80	Guy Soper	40:29	Hailsham Harriers	M	S
43	169	Mark Taylor	40:55	Seaford Striders	M	S
44	244	Andrew Vine.	40:57	Hailsham Harriers	M	J
45	79	Paul Marten	41:00	Crowborough Runners	M	V4
46	228	Brian Winn.	41:05	Hailsham Harriers	M	V3
47	238	Graham West.	41:11	Utopia Runners	M	V1
48	221	Braz De Lima.	41:19	Sevenoaks AC	M	S
49	205	Jaroslav Sasek.	41:24	Unattached	M	V1
50	239	Alan Deacon.	41:31	Brighton Hash Harriers	M	V3
51	202	Roberto Proietti.	41:32	Hailsham Harriers	M	V3
52	184	Karen Bowler	41:32	Hailsham Harriers	F	V4
53	18	Malcolm Hyder	41:37	Hailsham Harriers	M	V2
54	173	Geoff Burrow	41:41	Worthing Harriers	M	V4
55	235	Chris Dauncey.	41:44	Brighton Hash Harriers	M	V4
56	229	Jeremy Creed.	41:47	Hastings Runners	M	S
57	10	Christopher Heal	41:53	Hastings Runners	M	V3
58	85	Robert Hughes	42:00	Lewes AC	M	V3
59	45	Tony Whitman	42:03	Brighton Hash Harriers	M	V2
60	246	Douglas Taylor.	42:07	Lewes AC	M	S
61	84	Cedric Clemerson	42:07	Heathfield Road Runners	M	V2
62	117	Hugh James	42:13	Haywards Heath Harriers	M	V1
63	237	Mark Lamb.	42:17	Brighton Hash Harriers	M	V2
64	30	Julia Sawyer	42:17	Phoenix AC	F	S
65	29	Perry Sawyer	42:18	Phoenix AC	M	S
66	177	Simon Newstone	42:25	Unattached	M	V1
67	12	Roland Harrington	42:26	Phoenix AC	M	S
68	196	Jeremy Wainwright	42:30	Hastings AC	M	S
69	56	Paul Eames	42:32	Tunbridge Wells Harriers	M	V2
70	55	Ian Donald	42:40	Lewes AC	M	S
71	100	John Guthrie	42:48	Hailsham Harriers	M	S
72	240	Barry Ward.	42:48	Brighton Hash Harriers	M	V2
73	127	Martin Pedlow	42:49	Brighton Hash Harriers	M	V1
74	247	----- Smith.	42:53	East Grinstead Runners	M	V2
75	15	Mark Rackham	42:53	Unattached	M	S
76	95	David Holden	43:02	Seaford Striders	M	S
77	174	Gill Stevenson	43:03	Crowborough Runners	F	V1
78	209	Andrew Babbage.	43:05	Hastings Runners	M	S
79	130	Andrew Parkinson	43:13	Seaford Striders	M	V1

	226	Peter Worsley.	43:18	Dover	M	V3
81	219	Colin Burgess.	43:26	Hailsham Harriers	M	V3
82	230	Paul Baxter.	43:32	Hastings Runners	M	S
83	218	Chris Campbell.	43:36	Chichester Runner	M	V3
84	108	Keith Harrison	43:47	Heathfield Road Runners	M	V2
85	135	Mark Halls	43:59	Henfield Joggers	M	S
86	105	Thomas Brooker	44:03	Crawley AC	M	V1
87	96	Steven Hanna	44:11	Brighton Hash Harriers	M	S
88	70	Peter Plowman	44:17	Hailsham Harriers	M	V4
89	3	Rex Wade	44:40	Hastings Runners	M	V4
90	224	Keith Novis.	44:44	Hailsham Harriers	M	V2
91	192	Stephanie Miller	44:50	Hastings Runners	F	V2
92	75	Tony Fallowfield	44:52	Brighton Hash Harriers	M	V3
93	207	John Gill.	44:57	Haywards Heath Harriers	M	V4
94	98	David Hazell	45:00	Hastings Runners	M	V1
95	22	David Feintuck	45:05	Lewes AC	M	V3
96	26	Alan Turner	45:09	Arena 80	M	V2
97	161	Roger Smith	45:11	Wadhurst Runners	M	V3
98	227	Ray Larkins.	45:17	Ashford & District RRC	M	S
99	216	Nigel Bateman.	45:20	Crowborough Runners	M	V1
100	51	Nigel Adams	45:23	Brighton Hash Harriers	M	V4
101	170	Martin Bulger	45:24	Seaford Striders	M	V3
102	97	David Shepherd	45:28	Seaford Striders	M	V2
103	167	James Welbury	45:34	Crowborough Runners	M	V1
104	154	Dougie Harvey	45:41	Hastings Runners	M	S
105	180	Roger Ockenden	45:47	Arena 80	M	V3
106	152	Richard Knight	45:53	Henfield Joggers	M	V3
107	250	Ivan Lyons.	46:04	Brighton Hash Harriers	M	S
108	261	David Gridley.	46:05	Havering 96 Joggers	M	S
109	182	Sylvia Huggett	46:13	Hastings Runners	F	V4
110	128	Alan Gladman	46:27	Hastings Runners	M	V2
111	190	Laurence Howick	46:30	Horsham Blue Stars	M	V2
112	69	Ian Yates	46:42	Hastings Runners	M	V2
113	223	Melwin Moore.	46:48	Istead and Ifield	M	S
114	78	Dave Stracey	46:50	Hailsham Harriers	M	V1
115	1	Noel Primrose	46:54	Unattached	M	V5
116	183	Ray Smith	47:05	Haywards Heath Harriers	M	V2
117	215	Ian Weston.	47:22	Eastbourne Rovers	M	S
118	50	Jerry Stevens	47:23	Unattached	M	V1
119	111	Chris Simmons	47:28	Hastings Runners	M	V3
120	204	Borris Kysela	47:29	Unattached	M	S
121	102	Alfredo Noya-Lamas	47:30	Hailsham Harriers	M	V3
122	23	Terry Winchester	47:33	Hailsham Harriers	M	V3
123	94	Sue George	47:43	Phoenix AC	F	V2
124	7	Tracey Watson	48:06	Crowborough Runners	F	V1
125	67	David Prior	48:18	Seaford Striders	M	V1
126	53	Sydney Rivers	48:24	Hastings AC	M	V5
127	181	Frances Delves	48:28	Hailsham Harriers	F	V3
128	260	Hugh Stevenage.	48:32	Burgess Hill Runners	M	S
129	106	Peter Wilkes	48:37	Utopia Runners	M	V4
130	199	David Moore	48:46	Maidstone Harriers	M	S
131	89	Andy McDonald	48:59	Seaford Striders	M	V2
132	122	James Cox	49:05	Unattached	M	S
133	241	Lee Miller.	49:16	Hastings Runners	M	V1
134	20	Ian Bristow	49:16	Unattached	M	S
135	83	Norman Harris	49:19	Hailsham Harriers	M	V3
136	248	John Brown.	49:23	Maidstone Harriers	M	V5
137	92	Donald Begg	49:24	Unattached	M	V3
138	166	Gerard Thraves	49:33	Wadhurst Runners	M	V1
139	151	Colin Neale	49:54	Hailsham Harriers	M	V2
140	253	Douglas Lindsay.	50:02	Lewes AC	M	V3
141	9	Fern Ketley	50:08	Seaford Striders	F	V2
142	211	Richard Morrissey.	50:12	Unattached	M	V3
143	68	Marie Prior	50:15	Seaford Striders	F	V1
144	165	Peter Thraves	50:20	Wadhurst Runners	M	V2
145	129	Elaine Borley	50:27	Seaford Striders	F	V2
146	203	Steve Sharples.	50:29	Utopia Runners	M	V2
147	225	Robert Burnand.	50:31	Unattached	M	V1
148	256	Steven Horn.	50:41	Haywards Heath Harriers	M	S
149	254	Paul Brooks.	50:49	Road Runners Club	M	S
150	91	Wayne Covey	50:52	Utopia Runners	M	V1
151	259	Alan Andrews.	51:00	Seaford Striders	M	V1
152	88	Andrew Broadway	51:09	Hastings Runners	M	V5
153	113	Steve Kelly	51:12	Unattached	M	V3
154	242	Christopher Cowan.	51:25	Unattached	M	V3
155	14	Stephen Rackham	51:26	Unattached	M	V2
156	24	Brian Stevens	51:35	Hastings Runners	M	V3
157	208	Lesley Barnes.	51:39	Hastings Runners	F	V1
158	249	Mike Hawkins.	51:43	Maidstone Harriers	M	V2
159	77	Colin Curcher	51:49	Hastings Runners	M	V5
160	114	Philip Wright	51:53	Hastings Runners	M	V4
161	133	Stephen Gretton	51:59	Henfield Joggers	M	S
162	87	Corrina Skinner	52:03	Hastings Runners	F	V2
163	86	Sarah Marzaioli	52:08	Hastings Runners	F	V4
164	31	Glynnis Tucker	52:13	Wadhurst Runners	F	V3
165	146	Ilidia Campbell	52:25	Henfield Joggers	F	V2
166	149	Toni Slaughter	52:28	Unattached	F	V1
167	65	Jane Edmonds	52:40	Phoenix AC	F	V4
168	59	Lloyd Moreton	52:40	Road Runners Club	M	V1
169	131	Francis Wright	52:47	Seaford Striders	M	V1
170	47	Dianne Scott	52:52	Wadhurst Runners	F	V3

171	58	Allison Thompson	52:58	Unattached	F	V1
172	62	Wendy McBride	52:59	Hailsham Harriers	F	V1
173	34	Dave Nevitt	53:11	Sussex Police Tri Club	M	S
174	172	Jill Child	53:20	Worthing Harriers	F	V4
175	132	Victor Gretton	53:35	Henfield Joggers	M	V5
176	72	Neil Smith	53:39	Seaford Striders	M	V2
177	137	Ray Noakes	53:42	Brighton Hash Harriers	M	V5
178	49	Lyn Parr	53:43	Seaford Striders	F	V2
179	251	Daniela Deighton.	54:02	Hailsham Harriers	F	V1
180	175	Len Cumbers	54:15	Crowborough Runners	M	V7
181	234	David Syms.	54:22	Unattached	M	V3
182	57	Lisa Duce	54:24	Unattached	F	V1
183	255	Keith Lindsay.	54:31	Sussex Police	M	V2
184	233	Ian Hamilton.	54:32	Unattached	M	S
185	245	Jo Harden.	54:32	Unattached	M	S
186	112	Andy Towers	54:37	Lewes AC	M	V1
187	150	Colin Leicester	54:48	Hailsham Harriers	M	V4
188	123	Keith Simmons	54:53	Southern Counties Vets	M	V4
189	44	Michael Coates	54:58	Crowborough Runners	M	S
190	42	Penny Rea	54:59	Utopia Runners	F	V6
191	33	Sean Tompsett	55:03	Unattached	M	S
192	115	Julie Harker	55:21	Crowborough Runners	F	S
193	163	Karen Thomas	55:24	Wadhurst Runners	F	V2
194	2	Margaret Nettell	55:42	Burgess Hill Runners	F	V5
195	11	Ralph Bernascone	55:49	Henfield Joggers	M	V3
196	185	Tim Bowler	55:56	Hailsham Harriers	M	V3
197	188	Nick de la Bedogere	56:11	Unattached	M	V1
198	195	Alistair Kelly	56:18	Unattached	M	V4
199	179	Maggie Tennant	56:23	Henfield Joggers	F	V2
200	156	Geoffrey Wicks	56:26	Unattached	M	V2
201	48	Maureen Crowhurst	56:30	Seaford Striders	F	V2
202	243	Penny Roberts.	56:34	Paddock Wood AC	F	V4
203	155	Bernard Griffin	56:40	Haywards Heath Harriers	M	V6
204	71	Linda Jennings	56:43	Seaford Striders	F	V3
205	220	Stephen Hickman.	56:53	Ashford & District RRC	M	V1
206	210	Maureen Winborn.	57:06	Haywards Heath Harriers	F	V4
207	187	Angelica Malins	57:14	Unattached	F	V3
208	189	Andrew Collins	57:18	Unattached	M	V1
209	74	Russel Taylor	57:33	Crowborough Runners	M	V2
210	147	David Campbell	57:42	Henfield Joggers	M	V3
211	36	Lesley Besson	57:51	Henfield Joggers	F	V4
212	138	Rosemary Noakes	58:27	Brighton Hash Harriers	F	V5
213	232	Anthony Sutton.	59:23	Utopia Runners	M	V8
214	231	Elizabeth Brindley.	59:26	Henfield Joggers	F	V3
215	76	Brenda Boyle	59:27	Hastings Runners	F	V3
216	124	Bill Young	59:38	Seaford Striders	M	V6
217	81	Kim Aldridge	59:40	Unattached	F	S
218	82	Marie Baker	59:41	Unattached	F	V1
219	197	Gilva Tisshaw	59:43	Unattached	F	V1
220	206	John Chessow.	59:49	Unattached	M	S
221	39	Janet Wickens	1.00:04	Utopia Runners	F	V3
222	217	Faye Harlow.	1.00:11	Heathfield Road Runners	F	S
223	191	Lindsey Zervakis	1.01:01	Hastings Runners	F	V1
224	143	Dennis Thompson	1.01:28	Haywards Heath Harriers	M	V7
225	90	Jenny Neill	1.01:45	Crowborough Runners	F	V4
226	140	Julie Chandler	1.01:53	Paddock Wood AC	F	V2
227	37	Sue Hudson	1.01:55	Phoenix AC	F	V3
228	153	Wilfrid Gaye	1.02:16	Hastings Runners	M	V4
229	116	Kay Smith	1.02:47	Burgess Hill Runners	F	V4
230	46	Louise Schweitzer	1.03:35	Heathfield Road Runners	F	V5
231	139	Jenny Perman	1.03:38	Paddock Wood AC	F	V4
232	125	Mandy Lower	1.03:54	Hastings Runners	F	V5
233	162	Tony Sorran	1.04:13	Wadhurst Runners	M	V3
234	107	Patricia Carey	1.05:29	Heathfield Road Runners	F	S
235	168	Rosemarie Sayers	1.05:56	Henfield Joggers	F	V6
236	158	Sara Wrenn	1.07:59	Wadhurst Runners	F	V2
237	21	Lynne Phair	1.11:59	Unattached	F	V2
238	171	Denise Forster	1.13:54	Seaford Striders	F	V3

The prizewinners are shown below:

	Posn	No.	Name	Time	Club
Mens race - J category					
	1	40	John Baxter	38:17	Brighton Hash Harriers
Mens race - S category					
	1	141	Henry Mountcastle	33:55	Hastings AC
	2	134	Daniel Anderson	34:12	Hastings AC
	3	145	Huseyin Ibrahim	34:18	Brighton & Hove AC
Mens race - V1 category					
	1	32	Paul Eccles	35:49	Hailsham Harriers
Mens race - V2 category					
	1	93	Graham Stevens	37:07	Crowborough Runners
Mens race - V3 category					
	1	61	Anthony Cross	39:49	Seaford Striders
Mens race - V4 category					
	1	79	Paul Marten	41:00	Crowborough Runners
Mens race - V5 category					
	1	1	Noel Primrose	46:54	Unattached
Mens race - V6 category					
	1	54	Michael Conway	39:25	Canterbury Harriers
Ladies race - J category					
Ladies race - S category					
	1	13	Jane Boulton	39:04	Crowborough Runners
	2	4	Katy Oxborrow	39:57	Hailsham Harriers
	3	184	Karen Bowler	41:32	Hailsham Harriers
Ladies race - V1 category					
	1	174	Gill Stevenson	43:03	Crowborough Runners
Ladies race - V2 category					
	1	192	Stephanie Miller	44:50	Hastings Runners
Ladies race - V3 category					
	1	13	Jane Boulton	39:04	Crowborough Runners
Ladies race - V4 category					
	1	184	Karen Bowler	41:32	Hailsham Harriers
Ladies race - V5 category					
	1	2	Margaret Nettell	55:42	Burgess Hill Runners
Ladies race - V6 category					
	1	42	Penny Rea	54:59	Utopia Runners

And the team prizes:

Team Results						
	Club	Score	Runner 1	Runner 2	Runner 3	Runner 4
Mens Team Race						
1	Phoenix AC	51	Rob Lacey.	Matthew Sorokin	Colin Simpson	Paul Collicutt
2	Hailsham Harriers	81	Paul Eccles	Peter Daws	Michael Coupe	Paul Harris
3	Seaford Striders	87	Scott Davidson	David Rollison.	Steve Dawson	Anthony Cross
Ladies Team Race						
1	Crowborough Runners	15	Jane Boulton	Gill Stevenson	Tracey Watson	
2	Hailsham Harriers	15	Katy Oxborrow	Karen Bowler	Frances Delves	
3	Hastings Runners	27	Stephanie Miller	Sylvia Huggett	Lesley Barnes.	
Runners tying for positions receive equal, average scores						
Mens and Ladies races are scored separately						
In the event of a team tie (equal aggregate scores), the position of the last runner decides the winning team						

Next year I want to run in the race. Having done the results for at least 9 years I want a break. I would be pleased to teach anyone who would like to have a go. It's not hard but you need to keep cool as sometimes the unexpected can happen!
Thanks once again
Tom

POPPYLINE MARATHON 10TH JUNE

Where? Oh the Poppyline is a disused railway line in Norfolk – near Cromer, where the crabs come from. The Marathon is a standard distance but mostly run on tracks, footpaths, field edges, country lanes and even a sandy beach. Compared with the Stockholm and its 15000 competitors, the Poppyline must rank as being low-key. There were 80 in the event of which 50 were walkers! . I saw 2 spectators on the course. Nevertheless the runners had a great time. We were well looked after with several checkpoints – all serving food and drink, and of course there's a good camaraderie with runners helping each other find the way (no marshals, only a detailed route description). And we had to dip our feet about three times!

By the time you read this there should be some details of similar events on our new website. Don't be afraid to give it ago, I think it would appeal to many.

Tom

SEVEN SISTERS MARATHON 27TH OCTOBER

An amazing 21 have now decided to enter this one! I'm waiting for the entry form to arrive then I shall get it back without delay and we'll keep our fingers crossed. This is a very oversubscribed event and it could even be the last one as the organiser might be retiring. I'll let those who are entering know as soon as I hear anything.

Tom

SUMMER BARBEQUE **at GINA AND MICKS**

8th July 1 p.m. onwards.

Children welcome

Bring food and drink

Plates/glasses/knives and forks provided

(Mick will have some cans which can be bought for £1 should you run out!!)

Please let me know if you are coming

So we can sort out chairs, glasses etc.

Belinda 865913

**If you have anything to contribute for the next issue you can e-mail it to
HRRNEWS@leerousell.co.uk**

Or post it to 55 Blackwell Farm Road East Grinstead West Sussex RH19 3JW.

Or Telephone 01342 311590.

If you want something advertised in the newsletter why give it a go!

LATE BREAKING NEWS

SEVEN SISTERS MARATHON

Great News!!!

24 club members (or nearly members) have been accepted to run in this year's event. There is a nasty rumour that it may even be the last one so make the most of it!

All entries ARE transferrable, so if you know you are going to have to miss it please tell someone as soon as possible because, believe it or not, there are still a few more who want to participate.

Those entered are:

Mike Darling	Tom	Mike Harlow
Dave	Graham	Tessa
Malcolm	Martin	Paul McIlvenny
Julian Parker	Mike Heathwood	Tim
Adrian	Renee	Ivan
Keith	Sue Steed	Tina
Chris	Phil	Steve
Ian	Paul Daniels	Barbara

I think Frank would like to do it if anyone does drop out.

Could I have £10 from each of the above please and I will give or send you your number and final details as soon as I get them. You can safely assume the route to be as before. If you don't know it and would like to practice it in sections please let me or Graham know and we can probably arrange some training runs.

Training is up to you but my personal advice is that if you can run or jog 15 miles off-road you should be able to complete the distance. Practising hills would also be sensible advice.

Now we're all entered, let's all try and make this a really good club event - a great big splash of red on the downs!!

Tom

WEBSITE

If you've not checked it out yet, visit:
www.heathfieldroadrunners.com

The news page is frequently updated so that info can be made available at short notice.

I'd like to find out how many members of the Club have access to the internet so that we can supplement our communication lines. If you're on-line, could you please send an e-mail to:

info@heathfieldroadrunners.com so that I can build a database. It would be handy if you could also let me know how often you access your e-mail e.g. daily, weekly, etc. Also, some suggestions/request for content if you like. Contributions gratefully accepted too.

Graham

MIDSUMMER JUNIOR RACES

As the senior 10k race got underway so did the various junior races that took place on the field itself.

All the races were keenly fought. Although most of the seniors were either running or marshalling there was plenty of vocal support for the young athletes.

Results

Under 12's

1st boy Steve Stracey

1st girl Jessica Branbridge

Under 9's

1st boy; Joseph Cullen (Heathfield RR)

1st girl; Stephanie Ketley

Under 7's

1st boy; Jonathan Ketley

1st girl; Tilly Heathwood (Heathfield RR)

Under 5's

1st boy; Oliver Cook

1st girl; Emma Horsfall-Turner (Heathfield RR)

There was a good turnout of juniors from the club. Well done to all those who took part; Nicola and Paul Steed, Alex Scott, Tilly Heathwood, Robert, Andrew, Emma and Katherine Horsfall-Turner and Joseph Cullen.

Thank you to all those helped with medals, stickers, prizes and vocal support!

Kate

READ THIS NOW

Thursday 5th July

Remember talk of a training evening down on the Seven Sisters? Good. We shall be meeting either at the Club at 6pm or Birling Gap car park at 6.30 to start running from Birling Gap at 6.45. The emphasis will be on a social run, but the terrain ensures that this will be a fantastic training session. The plan is to negotiate all of the Sisters, ending on the final hill ... then back again. It's not far, but you'll not be sorry!

We'll see if we can make this the best attended evening of the year so far. Bring partners, children too, for a walk and then a natter in the bar (or that delightful cafe).

It would be nice if this marked the return of our successful monthly 'social run'; any more ideas let me know.

Further info from Graham 01435 862486.